

SHOTOKAN KATA FOR BLACK BELT AND ABOVE

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Sh?t?kan (???, Sh?t?kan) is a style of karate, developed from various martial arts by Gichin Shotokan training is usually divided into three parts: kihon (basics), kata Those who progress to brown and black belt level develop a much more fluid style .. ISBN ; ^ Jump up to: Masatoshi Nakayama ().

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